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What is a real emergency?

A real emergency is most often a matter of life or death. It happens without warning, when you are least expecting it.

You can panic. Or, if you know what to do, you can handle the emergency as effectively as possible.

Knowing what to do could mean the difference between life and death.

What to do

When an emergency occurs, the most important thing to do is to call for help. Know your local emergency number. (In many communities 911 can be used.) Ask someone to call for help while you apply appropriate first aid or CPR (cardiopulmonary resuscitation).

Agencies such as the Red Cross, the Ontario Heart Foundation and the St. John Ambulance offer excellent courses in life-saving. In each case the steps are simple, easy to learn and recall. But simply memorizing them is not enough. Learn them well. Practise. Become so familiar with the techniques that they're almost automatic. If you wait to use them in an emergency, you may be too late.

How to prevent an emergency

For every emergency there is a cause. Take away the cause and you take away the emergency. By following the suggestions for prevention in this brochure you can reduce the risk of an emergency happening to you.

Learn how to handle an emergency. Contact these well known organizations for further information on lifesaving courses.



The Canadian
Red Cross
Society



Heart
and Stroke
Foundation
of Ontario



St. John
Ambulance

How to handle an emergency.



Ministry of Health
 Ontario
Elinor Caplan, Minister



Emergency

Signs and symptoms



HEART ATTACK

- A.** Sudden collapse of victim.
- B.** Pressure, squeezing, burning, or pain in centre of chest. Shortness of breath. Nausea, vomiting. Indigestion.



CHOKING

Cannot speak, breathe or cough.



DROWNING

Absence of breathing.



BLEEDING

Blood from cut or wound.



BURNS

Red irritated skin. Blisters in severe cases.

ALWAYS CALL FOR HELP.

What to do

A. Call for help. Look and listen for breathing and check for pulse.

Begin CPR if necessary. To learn these techniques, take an approved CPR course.

B. Recognize symptoms.

See your doctor.

How to prevent an emergency

Practise a healthy lifestyle. Watch your weight and diet. Don't smoke. Exercise regularly. Control high blood pressure. Control stress. If symptoms appear seek early medical advice.

Chew your food thoroughly. Be moderate with alcohol (most choking occurs when victim has been drinking).

Follow rules of water safety. Non-swimmers must always wear an approved life jacket when around or on the water. Water and alcohol don't mix.

Motor vehicles are greatest single cause of injury/death. Keep vehicles mechanically fit. Use seat belts and child car seats. Don't drink and drive.

Turn pot handles inward so they are less likely to be knocked off stove. Handle corrosive and flammable materials with extreme care. Don't smoke in bed.

EMERGENCY NUMBER

Do you have the 911 emergency number in your community?
Find out your emergency number(s). Post them on or near your phone.
MY EMERGENCY NUMBER(S):

